

## Election Municipal campaign is in the

Municipal campaign is in the stretch run Pages 6-10

Helping out
Port students helping feed hungry kids
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### Tattoos

Students cautioned about skin ink Page 11

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Public gets a peek at historic buildings
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# **INPORTANEWS**

SERVING PORT COLBORNE • WAINFLEET • SHERKSTON • LOWBANKS • ISSUE NO. 42 VOLUME 14

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■ FLECTION

ECTION FUNDRAISER: Country Walk for Breast Cancer brought in \$18,126 Sunday

## **Cancer Walk draws 'largest turnout'**

Cool heads prevail

PORT COLBORNE — Two men who have been taking part in city council meetings over the past 16 years would each like to wear the mayor's chain after the Oct. 25 elections.

see DEBATE | A2

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ALLAN BENNER Staff Photo
Lisa Damude and Tara Sorge were among hundreds of people who pitched in to
raised \$18,126 during the Country Walk for Breast Cancer Sunday. They were walking
for Sorge's mother, Bonnie Jackson — one of the event organizers.

ALLAN BENNER InPort News Staff

PORT COLBORNE — Everyone bad a reason for being there. Every one of the hundreds of people who participated in

of people who participated in the 17th annual County Walk for Breast Cancer either participated in memory of a loved one who lost their lives to the disease or for someone who has survived. Alanna Chevaller so only 12 years old, but she's already participated in five previous events.

"My aunt died of cancer, and we walk every year because we want to make a difference," she

Teresa Pizzo, too, got involved when she lost someone close to her. The memory of the loss of her mother Ramona Pizzo still brings tears to her eyes — as well as smiles when she remembers all the good times they shared, she told an audience of hundreds of people who par-

ticipated at the Country Walk, held this past Sunday for the first time at Emerald Pines Golf Club on Sherk Rd. Like many of the hundreds of

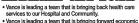
people who participated, Pizzo wanted to make a difference. The Port Coliborne native, who now lives in California, teamed up with Bonnel Backson, a breast cancer survivor and friend of her mother's, to organize the event that has raised \$244,000 for the Port Coliborne hospital's breast screening clinic since its inception.

"Sadly for many people here today, their lives have been touched by cancer," Carmela Rulli, chair of the Port Colborne Hospital Foundation, said.

"Motivated by fear, desperation, suffering and loss, they stand among us as an example of courage and a sign of hope a hope that through early detection of breast cancer and education, lives can be saved."

see CANCER WALK | A2

#### LEADERSHIP THAT WORKS



revitalization to the City of Port Colborne.

Vance is leading a team that is rebuilding our community.

VANCEIS LEADING A TEAM THAT IS GENING IT DONE!

#### This Year's Municipal Elections Are Vital to Niagara, Ontario's Future -Get Involved Now!

"Vance Badawey, the Mayor of Port Colborne, and who, along with Zimmerman and very few others, is one of the smartest and most progressive politicians I've seen on the regional scene in my more than 30 years of covering municipal politics in Niagara."

Doug Draper, Niagara At Large





#### CANCER WALK

## Contenders square off over the issues in Port Colborne

#### FROM PAGE AL

Only one will. Both stated their cases last week at the Roselawn Centre. where the scheduled debate was more like a friendly ques-

tion and answer session. Incumbent mayor Vance Badawey and challenger Frank DiBartolomeo, a longtime Ward 2 councillor, took turns answering six questions from a three-member panel during a candidates night presented by Port Colborne-Wainfleet Chamber of

Commerce debate The men provided their opinions on the planned health and wellness centre, the city-led Port Colborne Economic and Tourism Development Corp., greening the city and encouraging new residents and companies to call Port Colborne home When addressing the health and wellness centre. DiBartolomeo said he is in support of the facility and

said his position on the proi-

ect has been clear. \*I support the construction of a sports complex tailormade for our needs, not our

He said he sees the need to attract baby boomers from

the Toronto area to retire in the lakeside community. to expand the city's

residen-

tial growth

with ргорег marketing we can achieve this realization."

Badawey insisted a wellness centre with a pool and two arenas is something the city can afford. He stressed that he city is going back to tender "so we spend what we have."

Badawey said he sees the need to regain bospital services, provide incentives up shop in Port Colborne. aggressively pursue investors and better market the

municipality. Badawey was first elected in 1994 as a councillor and

successfully ran for the mayor's position in 1997 and 2000. In 2003 he didn't run for municipal office and sought

re-election in 2006 He has been involved DiBartolomeo the

Badawey Marine Food Supply business for 25 years. He serves on or chairs 26 local and regional committees including for physician recruitment, inter-

municipal specialized transit d waste management. DiBartolomeo bas served five consecutive terms on council, representing Ward for industries looking to set 2 residents since 1994. He

has owned and operated within the community is a Newport Signs since 1988. He is a member of the chamber of commerce and Knights of Columbus, is involved in local and international humanitarian projects and is a parishioner at St. Therese, While on council he served on the

BIA board of management. joint health and safety committee, Port Colborne Trails and Bikeways Committee. property standards committee and serves on the Port Colborne Economic and Tourism Development Corp. committee.

Being green has been the new buzzword in municipalities and both candidates were asked how they would make the community greener. DiBartolomeo said the city's current negotiations with a windmill industry and the

Green Energy Act of Ontario mandating 50% of windmill parts he made in Ontario is a good step forward to promote green industries. Badawey said "going green

mindset," noting the community must achieve a green mindset to be responsible. Harnessing wind power is something on his agenda. and he one day hopes to have off-shore wind turbines.

The candidates were also asked if they would support a 0% tax increase. Badawey said a few years back council cut 41% from operating budgets by "trim-ming off the fat." He wouldn't

make any promises to not increase taxes, but said it's more important to keep the city's tax rate down so if residential assessments increase. a low tax rate will help offset the assessment increase

DiBartolomeo said he would initially support a 0% tax increase, but said the city needs to look at inflation rates and believes the only way the city can accommodate no tax increases is by increasing the city's assessment base.

kforand@wellandtribune.ca abenner@wellandtribune.ca

### Everybody was walking for somebody

FROM PAGE AT

Sunday's event added \$18,126 more to that total. Jackson pointed out more than \$3,000 of that was contributed by two participants: Barb Gaboury collected \$1.923 in donations, while Joan

Koabel added \$1,550. Although the totals had vet to be tallied up, Pizzo suspected that Sunday's event was our largest turnout ever."

"We're really happy with our growth over the years," she said, "You always get a lot of people who return, and every year you get a few new people so it kind of blossoms" They were also impressed with the "wonderful new

home" for the event."

## **NOW is the time for NEW ideas and NEW Leadership**

# Barrick

For Regional Council

### BARRICK FIGHTS FOR HEALTHCARE As a former Regional Councilor



myself. I know that David has what it takes to get results at the Region. The bottom-line is that David gets the job done. As a senior citizen. I know that David has always been accessible. sensitive to our needs in the community and willing to speak on our behalf. He's got my vote!

> Former Regional Councilor (Port Colhome)



David knows that working families are finding it more difficult to make ends meet each month. His plan to get Port Colborne's fair share from the Region, to reduce our water bills and to fight for property tax reductions is just what we need. He's got my votel

Charity Swords. Mother of Two/ Business Owner



As a City Councilor, he played an important part in attracting 3 new doctors to our City and supported the creation of our Community Health Centre. He stands against our Emergency Room closure and personally met with the Minister of Health. He's not my votel

Dr. Christian Prouly Member of the Physician Recruitment Committee

#### Visit Our Website:

## portraits

■ PHOTOGRAPHER: Computer used to get effect Richards seeks

## **Exploration in line and colour**



**DAVE JOHNSON Staff Photo** Artist Derek Richards shows one of his works that will be hanging at Arts Place Gallery starting Sunday, Richards takes photographs and uses his computer to enhance them to get a sketch/painting feel. Other photos are examples of his work that is on display.



PORT COLBORNE -

When you look at some of Derek Richards' works, you're not quite sure whether you're looking at a painting or a photograph. Richards' works, Photo

Sketches: photographic explorations in line and colour, will be on display at Arts Place Gallery in Port Colborne until Nov. 21. The artist has three themes for his month-long exhibit: Our Watery Heritage, In

a Peruvian Market and Imaginary Prisons. "In a Peruvian Market are photos taken in Peru," he

One photo that will be hanging on the wall of the gallery is of a little girl in Peu running down a set of stairs. framed by a stone doorway. "I heard the girl coming down the stairs and caught

her just at the right time," said Richards. The girl in the photo is

caught in mid-stride. Richards has been taking photographs since be was about eight years old, once using film or slides but since 2000 with digital technology. With all of his exhibited work, he used a computer to enhance digital photos to get a sketch/painting look he was striving for. He said the computer is a tool much like using brushes or pencils. He has also made sketches in the past with watercolour

union of photography and drawing techniques. I'm trying to reduce the gap between the two," said the artist, who continues to hone his technique Richards' Imaginary

Prisons are a collection of photos paying homage to Italian artist Piranesi. Piranesi's works show enormous subterranean vaults with stairs and machines, bars and other imagery that evoke a prison-like feel

"His works are dark and gloomy," said Richards. His work inspires fear and wonder. I'm not trying to inspire fear, it's more a tongue-in-cheek tribute to art history.

Richards uses a set of stairs and a giant piston of a lift lock at Peterborough and a shot of a Chicago street under an el (an elevated train) line to pay homage to Piranesi. While the Peterborough piece looks more like a photo, the Chicago shot is where Richards uses the computer to make it look more like a painting or sketch.

In Our Watery Heritage, Richards looks at ships and boats. He said ships and boats provide strong lines which work well with the technique he uses to enhance his photos.

It's hard to find lines with Mother Nature," he said. Arts Place Gallery is at 714 King St., Port Colborne, and is open Thursday through









### **INPORTANEWS**

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Ken Koyama, publisher, general manager Dave Johnson, Inport News senior reporter



Ourview

### **Everyone had reason** for being there

very one of the hundreds of people who participated in the 117th annual Country Walk for Breast Cancer took part in memory of a loved one who lost their lives to the disease or for someone who has survived

The annual event was started by friends Teresa Pizzo and

Pizzo lost her mother Ramona to cancer and Jackson is a two time cancer survivor

The first walk started off small at Cedar Bay Inn, once owned by Pizzo's family, and grew over the years as more and more

people joined in. This year, the walk was moved to Emerald Pines Golf Club on Sherk Rd, to give the event more room and to keep that country

feel it has developed. The walk has now raised over a quarter-million dollars for the

fight against breast cancer. Jackson pointed out more than \$3,000 of that was contributed by two participants last weekend: Barb Gaboury collected \$1,923

in donations, while Ioan Koabel added \$1,550. It speaks volumes of the event, and of those participating, that two people were able to raise so much.

What's good about the money raised at the event, is that it stays Funds raised are put into the Ramona Pizzo-Bonnie Jackson

Breast Screening Centre, through Port Colborne General Hospital Foundation, at the hospital. The centre gives women a fighting chance at detecting breast

cancer and surviving it. Pizzo, Jackson, walk co-ordinator Cheryl James and the hundreds who take part deserve a great deal of congratulations and credit for running such a successful event each year.

#### Get out and vote

Monday's the big day. It's the day when everyone across Ontario gets to exercise their democratic right and choose a new municipal council. By now, you should have heard your local candidates speak, read their positions in a newspaper or met them at the door. You should know where they stand and whether they are the person you want to represent you at the council table Municipal councils are the form of government that directly

affects taxpayers in their every day lives. It is the form of government most answerable and

accessible to residents. Choosing how you want your city to proceed over the next four years rests directly on your shoulders.

So we're encouraging everyone to get out and vote. Despite what some might think, your vote does matter. **■ FAITH** 

## I've been thinking about October

REV THOMAS P ARTH First Evangelical Lutheran Church

his is a good month for me. Last week I celebrated my 44th birthday. Next week my wife and I will celebrate our 20th wedding anniversary. A few days before my birthday we celebrated Thanksgiving. A few days after our anniversary the neighbourhood streets will be teeming with costumed kiddles out for trick-ortreating and I'll be able to sneak some of my favourites out of my kids' bags as well as snacking on the leftovers that we don't give out. There are a lot of good

have Christmas after all. things about October. But as write this and look out the window it's grey and overcast. It's been raining on and off all day. I'm wearing a sweatshirt for the first time in months. We've had the furnace running for a couple of weeks. The leaves are falling from the trees. Gardens that were recently lush and green with a splash of colour here and there are getting wilty and drab and dingy looking.

September still had hints of summer, but now it's fall. I'm not saying fall is bad but I'm already missing the warmth of summer, a season that is just too short up here. And I know that a long winter is around the corner. Not that winter is all bad but I could do with a lot less of it

I guess I just have to learn to take the good with the had in any season and any month. In the summer I do complain about the humidity when it gets so oppressive that I can't sleep and the slightest physical activity gets me so sweaty. As long and cold as the winter is, there is real beauty in a landscape coated with newly fallen snow, the kids have a ball playing in the snow, and winter does

We have to take the good with the bad. Lutheran theology often talks about tension and paradox, about two "words" required to proclaim truth. We are saint and sinner. Creation is good and fallen. The Word of God is law and gospel. Jesus is human and divine. We live in and with these paradoxes. I know that I'm a sinner. Even though I'm a Christian, even though I'm made right with God by God's grace, I'm still

a sinner. And no matter how hard I try I'll never stop being a sinner. But that's okay because God's love and mercy and forgiveness are big enough to deal with my sin and because of that God accepts me and I am also a saint Saint and sinner both at the same time

Maybe that's what some people don't get. The people who see a church full of hypocrites. There may be some, but the hypocrites are the ones who go around sinning yet they deny that they're sinners. They're only fooling themselves because everybody else knows they're sinners.

We've got a sign out in front of the church. One side lets people know what time church is on Sundays. On the other side I put a message. I try not to be too cutesy or clever, instead trying to put up something inspirational. Once the sign said FOR SINNERS ONLY, Okay, so that borders on the cutesy, but those three words contain a profound truth. The church isn't for perfect people. If it was then there would be even fewer people in the pews than there already are. see OCTOBER | A5

**■ PETS** 

## Scent Hounds of Group 2 — Part 2

wo of the cutest pupples in the Hound Group are the Beagles and the Basset Hound puppies. With their sweet faces and big eyes, they are almost

The Beagle originated in France hundreds of years ago. They come in two varieties depending on their height. The smaller variety can only be up to 13 inches tall. The larger variety must be between 13 inches to 15 inches but not taller Both sizes make great family nets with a sweet personality and a great way with children. Hundreds of years ago the Beagles were worked in packs to hunt rabbits. Their small size helped them to chase after the rabbits that tried to hide in thick brush. Rabbits tend to run in a circle so once the chase was on , all the hunters

around near them. Pack dogs tend to get along well with other dogs so Beagles usually are good in a multi-dog family. The Beagle has a short coat which is easy to care for and keep clean. Beagles have great stamina and love to run and follow scents. So be needs to be kept on leash and he will need a secure vard or he will run. Many hunters have stories of how their Beagles have refused to come back at the end of the hunting

had to do was wait for the rabbits to circle

Sandie Bingley IT'S A DOG'S LIFE

day. The hunters have had to leave without their dog but left a coat behind on the ground. Sure enough when they have returned, they found their dog sleeping on the coat. Remember that Beagles are noisy hunters and can be noisy house pets if left outside too long.

The Basset Hound was developed hundreds of years ago in France. His name comes from the French word meaning "dwarf" as he looks like a Bloodhound with very short legs. He can weigh up to 70 pounds but is still only 14 inches tall. They have great noses for scenting and the only breed better that the Basset Hound is the Bloodhound. Although they were slower hunters, their great noses made them a very useful hunting dog. He is a determined hunter that could willingly flush the game out of dense brush for the faster hounds to chase after. Basset Hounds are very good natured but can tend to be stubborn as most good

hunted in packs, they are good with other

dogs.
The Basset Hound gained great popularity after they were used to advertise a brand of shoes. Their faces were used to advertise the shoes on TV, billboards and even on the shoe boxes. Thanks to the Basset Hound, the shoes sold extremely well for many years and this pleased the shoe company. What was

the name of the shoes??? The next breed is a cousin to the Basset Hound.He looks like a Basset Hound with a wiry coat and he is called the Petit Basset Griffon Vendeen. This is a very big name for a little French breed of dog. In fact, his name translates from French to everything that he is. Petit which means "small". Basset which means "dwarf" Griffon means "rough coated" and then Vendeen which is the area of France where he originated. His name has been shorted to just initials as his name is hard to remember. So he is known as the PBGV which is much easier. He is nicknamed the "happy breed" as he always seems to enjoy life. He is independent but yet eager to please and easy to train. For all these reasons, he makes a good family pet.

Next Time: The Scent Hounds - Part 3

hunting breeds are. But because they GENERAL NOTICE: The contents of this newspaper are protected by copyright and may be used only for personal, non-commercial purposes. All other rights are reserved and commercial use is prohibited. To make any use of this material you must first obtain the permission of the owner of the copyright. For further information, contact Dave Johnson.

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■ OCTOBER PROGRESS: Let's ensure we don't become Binbrook

### Church is for sinners

#### FROM PAGE A4

No, the church isn't for perfect people, it's for sinners. It's for people who need saving. It's for people who need blessing. It's for people who need forgiveness. It's for people who know hurt and need healing. It's for people who need a welcoming and accepting community of faith. a community of other sinners looking for the same thing.

The church is not for perfect people. The church is for people who desire a relationship with a perfect Saviour, Just as any month or any season is a mixture of good and bad, in the same way people who are being saved are a mixture of good and bad, saint and sinner. That goes for me. That goes for you. That goes for my church and your church and the church across town. So I thank God that his love and mercy and forgiveness are big enough for all of us.

## **Development gone crazy**

had nothing. It happens to weekly columnists from time to time. Most just won't admit it.

There are those times when you realize, as the deadline winds down, that you simply don't have anything to write

It happened to me last Saturday morning. Suddenly, it hit me, Good thing I carry my camera everywhere I go. You just never know when that good photo opportunity will come

I should mention that I recently started a new job. In addition to my collegeteaching gig, which keeps me occupied between Monday and Wednesday, I now have a new job. Well, relatively new; I've been at it for more than a month now.



George Duma RYGEORGE

what was Canwest Editorial Services, now Postmedia. Basically, it means I edit newspaper pages for the likes of the Ottawa Citizen, Regina Leader-Post Vancousier

Province You get the idea. It's not really important.

The office is in Hamilton. which means I drive up through Binbrook two or three days a week. The column idea hit me as I drove to work last Saturday.

I've seen recently in that municipality since driving through there over the years. At one time it was all farm fields. Now, it's all subdivisions, Ugly ones, I might add. Remember the Stepford Wives movie? Like

> As Hamilton grows, Binbrook is handling the overflow of folks wanting to move away from urbanity and into a more rural

Trouble is, that's not what will eventually happen. These folks will move to a more rural existence and then find themselves surrounded by the urbanity they thought they were escaping. Only,



Binbrook used to be a beautiful farming community. Now? Not so much.

it will be that Stenford Wives kind of urbanity, the type that has no real soul. Cookie-cutter houses and

townhouses. Just like Mississauga, the metropolis west of Toronto. see BINBROOK | A6



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WHITES'

## **120 seconds to woo voters** Be careful what we wish for

#### KAESHA FORAND InPort News Staff

PORT COLBORNE - Regional council hopefuls from Port Colborne had just two minutes to get their message across to voters last week.

During the mayoral and Wards 1 and 2 debate, David Barrick and Bob Saracino crammed what they could into 120 seconds.

No questions were asked from a panel. Barrick asked the crowd to imagine spending \$700,000 and not receiving anything in

"We were charged for water we didn't receive," he said, explaining to the audience that Port Colborne paid the region \$700,000 for water it

never received That was an example of a number of issues the sitting would like to tackle if elected

He said it's time for what constituents want and what constituents can do to main-



Matthews to express his concerns for

the city in regards to health care.
"The status quo is no longer good enough. I want to bring

new ideas and leadership." Incumbent regional councillor Bob Saracino focused on health care as Roselawn Centre.

he addressed a full room at "The hospital will be a top priority as my work is not done," he said.

He said the Ministry of Health must conduct a full review of the Local Health Integration Network and the



to Port Colborne General "Health core is not a privilege, but a right."

In his brief time allotment. Saracino also noted the region will be implementing a three-year inter-municipal transit pilot project which will give Port Colborne residents a transit service to bring them to Welland, St. Catharines and Niagara Falls - a project he said he he was committed to during the 2000 municipal

Bob Saracino

election

RINRROOK

#### FROM PAGE AS

I was raised in Toronto's Parkdale district, the area just east of High Park and just north of the Lakeshore, off of Roncesvalles Ave. It was a wonderful place to grow up - amazing parents, crazy uncle and a kind, loving sister who would look after her baby brother, albeit sometimes begrudgingly - and with good reason - but always with love. I was a handful, yet always in

good hands, especially with her, to this day. Her counsel means everything to me. By the time I was out of elementary school, we had left Parkdale and moved to Mississauga, Culture shock? Good Lord, yes. We were moving from Little Poland to a White-Anglo-Saxon-Protestant (WASP?) enclave in the middle of semi-rural suburbia - surrounded by annle orchards.

It was moving away from the early '70s version of multiculturalism to what appeared to be something different. We soon discovered

RE-ELECT

that many others had done the same thing. There were Italians, Hungarians,

Trinidadians, Asians, fellow Poles and more And it was beautiful. So, so beautiful, Apple orchard after apple

orchard. The intersection of Burnhamthorpe Rd. and Hurontario St. was a field. My friends and I used to take drives out into the fields and forests and go for hikes. All of it didn't lest yery

long. Development came fast and furious. Now, that same Burnhamthorpe-Hurontario intersection is home to the Square One shopping mall. Mississauga's downtown,

with City Hall pretty much next door. I suppose it was inevitable. The Greater Toronto Area

now conveniently known by its acronym, the GTA, had to expand somewhere. And Mississauga was the perfect fit. Beautiful landscape and cheap land.

But something got lost

when communities like Streetsville, Cooksville, Port Credit and Lorne Park all blended into one.

Those communities though still there, lost so much of their charm. Is this what happened to Binbrook? Did Hamiltonians really need to move out that way? And the housing

certainly isn't cheap. Is this what will happen to Wainfleet if the Big Pine ever sees the light of day? I don't know. I really don't. There certainly isn't a huge

metropolis like Toronto or Hamilton standing in the shadow with its inhabitants waiting for new, affordable housing. St. Catharines certainly doesn't fit that bill. I'm not one to stand in the

way of progress, I'm all about the future and not about the past. I really am. I'm not the nostalgic type, at least not one to dwell on the "good old days." I appreciate them, but I'm more about the present and future

Still, I so fondly remember the idvllic days of my mid-tolate teen years, living among apple blossoms. Heck, we had a tree in our front yard that produced those beautiful blossoms and the fruit that my mom used to make her incredible apple cake - yes, cake, with a dusting of icing

sugar. So, the point? As we move forward in south Niagara, as we try to figure out our place in the greater scheme of things, let's appreciate what we have. Let's look at preserving our lifestyle and the beautiful simplicity that surrounds us. Isn't that why we who are from "away settled here in the first place? And really, in the greater scheme of things, we're all

from "away" unless we're First Nation aboriginals Every time I drive through Binbrook on my way to work, I can't help but think; let's be careful what we wish for.

George Duma is a resident of Port Colborne and has spent 30 years in the newspaper business. He is currently a member of the journalism faculty at Niagara College. He welcomes comments and column suggestions and can be reached at: eduma@ copyeco.ca





with our two sons. Gordy and Thomas have lived in Wainfleet for over a decade, but our roots run deeper as my family has lived, worked and farmed in the township for generations. We think Wainfleet is the best place to raise our family.

My husband, Mike and I along

We have developed a deep sense of community as we have made contacts through our businesses, volunteer service and fellowship with neighbours, colleagues and friends.

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#### BARBARA BUTTERS Ward 4 Councillor

Never doubt that a small group of thoughtful, committed citizens can change the world: indeed, it's the only thing that ever has" Margaret Mead

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**■ FLECTION** 

## **Health and wellness centre was the buzz phrase**

#### KAESHA FORAND InPort News Staff

PORT COLBORNE - The health and wellness centre was the buzz word during last week's election debate in Port

Its cost, the need for jobs and drawing people to Port Colborne were issues tackled during mayoral and Ward 1 and 3 candidates at Roselawn

More than 100 people filled the President's Room where Ward 1 candidates David Elliott, Nora Nater, Dan O'Hara, Peter Opdam and incumbent Bill Steele and Ward 3 candidates Frank Danch, Doug Shibley and incumbents Gary Bruno and Bea Kenny also expressed their thoughts on a tax freeze, greening the city, their experience with budgets, community involvement and on a city-operated Port Colborne Economic and Tourism Development Corp. being

comprised only of city staff. But the health and wellness centre which will be retendered in January was the top

issue of the night. Bruno said in 2006 he supported the project and believed the best way to move forward was to do it as a partnership - something that was achieved with gov-

ernment funding. "I am supportive of the centre at an affordable price. I'm proud we went back for

tender' In the future, he would like to see a short-and long-term

plan to attract residents and jobs to the city. "Everything stems from money and jobs.



Danch said he is in favour of upgrading the community's facilities, but said he is "not in favour of spending

\$32 million.

He also sees the need to bring jobs into the community. Asked about the development corporation being limited to city staff, he said the city has so many committees, people trip over themselves, which made the audi-

ence erupt in laughter. Elliott has previously voiced his concerns with the operating costs for the wellness centre and believes they

will impact taxpayers. To help grow the city, he said he sees a need for residential development and commercial expansion.

hydro funds should be used to pay for the wellness centre. "Hydro money is your money and we're putting it back to you."

Kenny said she believes

Another issue she is passignate about is physician recruitment, and ensuring Port Colborne takes care of its health-care needs. She wants to ensure Port Colborne continues to be a leader in physi-

cian recruitment. O'Hara said the city needs to ensure the wellness centre project is financially viable and said he sees the benefit of being able to "take \$1 of your tax dollars and turn it into \$3." but believes the project's current price tag is

a little excessive. He would like to see no tax increase, but said it's not a practical expectation if it could negatively affect the city's projects, and instead, would support a small

increase of 1% or 2%. Opdam questioned how the city will pay for future projects if hydro funds are drained from the city's bank accounts to fund the wellness centre.

He said if elected he would like to look at the city's financial books and see where sayings can be found to balance the budget.

affordable option, but doesn't believe the current project on He believes the ongoing downtown revitalization projthe table can be affordable ect will help the city, but also believes the city's first priority attract baby boomers to retire in the lake-side community should be to encourage new businesses to set up shop. and to retain Port Colborne's Nater said she has "serious youths. But first and fore-

most, she said the city needs to continue to look after infrastructure such as roads and sidewalks. Shibley said when he sat on council from 2003 to 2006 he

was against using hydro funds to help fund the project, but did agree that an affordable project should move forward. He also doesn't agree with developers who purchase the city's land and promise to

build subdivisions, but don't follow through with their \*Developers are coming here with promises - not to build, but to buy our lands for

peanuts. Steele, who chairs the wellness centre committee. said the city has been talking about the project for two decades and is ready to see ground broken for the proj-

ect. "Let's build it and let's get it done once and for all. Steele also sees the need to support the city's youth and seniors and if re-elected he would like to continue with what he called his track

record of fiscal responsibility. kforand@wellandtribune.ca



KAESHA FORAND Staff Photo

Port Colborne Ward 1 candidate

Dan O'Hara addresses more

than 100 people who filled the

Roselawn Centre for a debate

included Ward 3 candidates

He is flanked by Frank Danch.

David Elliott, Bea Kenny and

issues with \$33 million," to

construct the wellness centre.

She said the city needs an

She also sees the need to

Nora Nater.

on Wednesday night, which also

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**■ FLECTION** 

## Port Colborne can't get ahead with tax freeze: Candidates

KAESHA FORAND Staff Photo Port Colborne Ward 2 and 4 candidates Ron Bodner, Barb Butters and Angie Desmarais look on as Casey Biko answers a question during Thursday night's debate at the Roselawn Centre.



InPort News Staff

PORT COLBORNE -Having a 0% tax increase is a corroded pipe dream. It sounds nice, but for Ward 2 and 4 candidates who debated the issue last Thursday night, none believed the option is viable if the city wants to continue moving forward. Ward 2 candidates Casey Biko, Angie Desmarais, Yvon Doucet and Pierre Kountouris and Ward 4 candidates Ron Bodner and incumbents Barb Butters and Kate Leigh took

part in the debate organized by Port Colborne-Wainfleet Chamber of Commerce at

Roselawn Centre.

About 50 people attended the debate in which candidates each answered six questions during the 100-

minute session.

Doucette served on council in the 1990s when a tax freeze was accomplished for a few consecutive years — but looking back, he said it's

not a practical move.
"There is a problem with
0% increase. When you
finally increase, you have to
increase by a lot."

Asked about greening the city, he wondered if citizens would be interested in harnessing energy for the city through solar panels on their homes so the city could produce its own electricity.

Leigh agreed with

Doucette, saying a 0% increase is not realistic. Instead, she would like to see a finance committee reinstated to oversee spending. She said she would welcome a public advisory committee for Port Colborne Economic and Tourism Development Corp., with members of the business

community providing input.
Leigh said she sees a great
need to develop the city's
first economic development plan with five areas of
growth which she called "a
foundation for the city."

Desmarais said she believes Port Colborne Economic and Tourism Development Corp., should be comprised of representatives from local business improvement areas because "people who know business best are people in business."

"My dream for this city is we see growth of business and growth of family," she said. "We have to focus on getting jobs here and that means attracting businesses."

Butters said residents want to see their taxes remain as they are, but aren't ready to sacrifice services such as ditch cleaning, snow removal or shorter hours at the library or pool.

Unlike her Ward 4 counterpart, Butters supported city hall taking over PCETDC because its budget is funded with taxpayer dollars.

ELECT

# CASEY

### Ward 2

Casey believes that City Hall must:

- First and foremost, listen to residents
- Be mindful of how it spends taxpayers money
- Be efficient and effective
- Create productive partnerships with community agencies to help working families
- Focus on industrial land development to help create good paying jobs

Born and raised in Port Colborne, Casey has roots in Ward 2 where his family had a long established restaurant on Main St., and later, where Casey had his own business. Casey is a hard-working famil

Casey had his own business.
Casey is a hard-working family man who has always had an interest in local government.
He is currently a Production
Technician at Jungbunzlaur in

Port Colborne

Phone: 905.658.2541
Email: c.biko@vote4biko.com
Website: Vote4biko.com

Casey, Karen & son Alex

04475017

see CANDIDATES | A9

■ CANDIDATES

## Vying for votes

#### FROM PAGE AS

"I felt a responsibility to be a watchdog on our money.... I want to make

sure our money is well spent." With regards to the health and wellness centre, she vowed not to give back \$17 million in funding to the government, and is determined to find an affordable

Bilko would be opposed to a tax freeze, saving he would prefer to see a small increase because "it would come back to bit us in the

butt! He said health and wellness centre planning should have been done right the first time without extras that cost too much money." He said he believes greening the city can start with utilizing green energy at the health and wellness centre and city hall and "we need to see recycling bins in

Kountouris said when the

city begins to look at being green and encouraging green industries he believes being green begins at home. He also believes investing in green technology is a double-edged sword, saying it's now an "expensive technology but a growing technology.

When the PCETDC had an advisory team, Kountouris said "the results weren't there," but believes there is a need for an economic

development office to create investment opportunities. Rodner who was mayor from 2003 to 2006, said when the municipality had 0% increases, city council found itself scrambling to

find funds to pay for projects and maintenance. He said he heliouse it was a mistake bringing PCETDC into city hall and said if elected he would vote to remove it from being a city entity. He said it needs to b "slightly away from council."

## Candidate opposed to 'Big Pipe'

#### DAVE JOHNSON Tribune Staff

WAINFLEET - Richard Dykstra is running for Wainfleet Township council

to make a change. "Change is good. We have real conflict out here that needs to be solved, it's really dividing our community,

Dykstra said. The conflict be's referring to is the water-sewer issue, or the Big Pipe, as it's known "I'm not in favour of the Big Pipe," Dykstra said.

He said the issue needs to be resolved and if there are health issues related to the problem along the lakeshore, it needs to be dealt with. "If there's a means to deal

with the issue, it has to be feasible, reasonable and affordable. No one can afford to bear the cost of the Big Pipe." Dykstra said the watersewer problem shouldn't be the whole issue behind the

upcoming election. 'I'm afraid it's getting all

■ WAINFLEET ELECTION: Richard Dykstra seeks township council seat

The aldermanic candidate, seeking one of



at the township's table, said he's concerned about

"I have no personal agenda. I'm looking out for the good of Wainfleet. Keeping taxes down is a major issue.

Dealing with drainage problems, taking care of roads that are in bad shape and fixing bridges are other issues Dykstra said are important to the overall

addresses updated and we need to continue with things like that

If elected, he'd like to represent the agricultural community at the council table. which he feels is currently underrepresented, Dykstra

is a cash crop farmer. "Agriculture is the biggest industry in Wainfleet, there's nothing bigger," he said, adding the industry must be protected.

He said Wainfleet is a bedroom community with a lot of people working outside the area "People move here

because they like the rural makeup, the farmland and the openness? Dykstra, who was on the township's Official Plan committee, said he's not anti-development or afraid

"I've been here all my life and have seen a lot of

of change.

He said as Wainfleet grows, the Official Plan should be adhered to with

growth in the hamlets. There are pockets of spaces that can be develoned. We have to have

responsible development." Wainfleet, he said, is a great place to live and one thing he'd like to do if elected is to make recreational activities more affordable for families.

The father of four, who has been married for 18 years, has been affiliated with minor hockey as a board member, coach and manager over the years. He plays hockey in a men's

We need to keen costs down and keep our youth active. Everyone who wants to participate should be able

djohnson@ wellandtrihune.ca

### community. kforand@wellandtribune.ca "We've had the 911 iintouris working hard for you...



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Enhance incentives to attract new doctors.

Stricter by-law enforcement.

I support a new centre that gets us maximum flexibility with a budget that meets the requirements of all, including our youth & seniors and that will not require debt or property tax increase.

Dear Friends and Neighbours,

Our word (the energical) is Bort Collegeach Service Filter many others who have young families, it is very important that

we work hard to crette opportunities that will ensure our My motivation for seeking your support and vote on

October 25 is based on wanting to see the responsible evitalization of Port Colborne's east side. The New Health and Wellness Centre is a project that I

support as it will be an integral part of our community's quality of life. However, I only support the construction of the Centre that services ALL age groups that leverages maximum flexibility within a budget that DOES NOT require any debt or property As your council representative, I will be very active and vocal

advocating economic opportunities in our community. The type of opportunities that create long term employment and security My expenses and background will allow me to work close with our Economic Development team to ensure that As your elected representative, I will appressively oursue

remodure were, sewer and road work in our ward bearning with the Wellmston, Clarks, and Humboldt Street areas.

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■ WATER-SEWER: Candidate reacts to incumbent's plan

## **Jeffs questions** lakeshore plan

InPort News Staff

WAINFLEET - April Jeffs believes on-site solutions could be used to take care of faulty septic systems along the township's lakeshore.

The mayoral candidate issued a news release last Wednesday in reaction to fellow candidate Barb Henderson's 5-Point Action Plan, released two weeks ago, to deal with the issue.

\*In 2007 Mayor Henderson stated in her fall update that sbe and the council had all agreed, that the municipal water and wastewater central servicing system was the most appropriate solution to solve the long-standing water and sewer issues facing the Wainfleet lakeshore

"Further to this, the region website states that both councils (region and township) have approved a municipal system without the option of a secondary plan," said leffs in her release.

Jeffs said an action plan has three major elements. and that Henderson's plan did not coincide with them.

"The first element of an action plan includes the specific task: What will be done and by whom? She wants to find the right solution for taxpayers - how? She wants to take Wainfleet's fight to the region to demand our fair share - she's had four years to do so already. She mentions having quarterly



still no further ahead April leffs then we were four years ago. People are just

The second element of an action plan mentions milestones and measures of prog-

ress said leffs

" 'No cost equals no decision' - this is simply a statement and has nothing to do with a plan. 'We need all the facts before any decision can be made," said leffs, quoting from Henderson's plan, "How can you not have all the facts after serving a four-year term and up until now have supported the sewer and water project?

leffs said the final element related to an action plan includes a time horizon.

"This was not mentioned in any of Mayor Henderson's five points. I can't help but wonder if another four years will pass by with residents

left wondering about what their future holds here in Wainfleet?" leffs said testing has shown that 28% of wells along the

lakeshore have E. coli That tells me that 72% do not. The 'Big Pipe' is a 'Big

Box' solution to a problem that I believe, along with the majority of other residents. can be rectified by implementing a real plan that includes testing individual on-site systems. There's no need to reinvent the wheel.

Township council and staff could move forward to research various on-site solutions that have been successful in other municipalities.

"These solutions and costs would then be presented to the region proving less expense than municipal services which residents have stated they cannot afford. The council could then move forward by developing and implementing new policies and procedures and commencing enforcement to achieve visible results within the next four-year term." Jeffs

diohnson@wellandtribune.ca

**■ ELECTION** 

## **Henderson responds** to criticism

InPort News Staff

WAINFLEET - Barb Henderson said recent criticism of her 5-Point Action Plan to deal with the water-sewer problem by fellow mayoral candidate April Jeffs raises more

questions than it answers. In a release, Henderson, the incumbent mayor, said the criticism provés she is the only candidate to with a plan to deal with the water issue It also proves, the release

said, that she's the only candidate with the experience and leadership ability to lead Wainfleet for the next four years. The release of her plan.

she said in the release. forced leffs to react and finally reveal how she would deal with water along the lakeshore calling for so-called "on-site" solutions.

"Council needs to take the time to get it right. That means getting all the facts and potential costs for all solutions," said Henderson. "To simply say one solution is best and have no plan on how to pay for it and not knowing what its implications are

for the township is not

Henderson also said only after her plan was released

did leffs finally reveal her ideas for the water along the lakeshore.

suggests

township

council

and staff

c o u l d

move for-

ward to

research

on-site

solu-

tions. Why

should the

Township



Henderson duplicate research and studies that are already

being done?" Henderson

She, Jeffs, asked "how

can she (Henderson) not

Well, Jeffs should know.

have all the facts after serv-

As a member of the Public

Liaison Committee, Jeffs

knows it takes time to do

the necessary studies to

determine what option will

be best for Wainfleet. She

is well aware of the studies

that have been undertaken

and the degree of detail

and scientific evidence that

ing a four-year term?"

Henderson said by late spring of 2011, those studies will be completed and a report prepared for consideration by council

She, Jeffs, claims my plan doesn't have a timeline. Why doesn't leffs take her own advice and come clean with the timeline of her own plan?

"Where are Jeffs' numbers for her so-called "onsite" solution? How much will her "on-site" solution cost each individual homeowner? Will the township force home owners to buy so-called "on-site" solutions no matter what the

Henderson's plan includes: 1 - No cost equals no

2 - Find the right

solution for benefitting 3 - Take Wainfleet's fight to the region, province and federal govern-

ment to demand our fair 4 - Quarterly town hall meetings for residents to

provide important input on 5 — Make reports con-

cerning our water public and available to all

is involved with each one."

■inPortbriefs

**OUIT SMOKING** 

Bridges Community Health Centre is announcing the start of an on-going, weekly quit smoking sunnort group

The group will meet informally every Wednesday, 6:30 p..m. to 7:30pm at McKellar Hall inside Port Colborne hospital starting on Wednesday, Oct. 20, All are welcomed, no fee, no registration required. The group is suited for those who are thinking about quitting smoking or who have recently quit and are seeking support and motivation. The group will be led by volunteers and staff from Bridges and will continue to run weekly as long as the interest remains, For more information call 289-479-5017 ext 2445 or e-mail

lori.kleinsmith@bridgeschc.ca.



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- · Re-Brand the City and market it as a safe and family oriented community
- Develop industrial lands on an "As Needed" basis Health and Wellness Centre needs to be built
- considering the future use and operational costs, making sure that revenue meets cost
- "Your Choice to be Your Voice" on October 25th.

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## **Tattoo warning: They get under your skin**



MARYANNE FIRTH Staff Photo

Rythmia vocalist Ally Kells wears a fabric tattoo sleeve during a presentation of Think Before You Ink, at St. Patrick Catholic School in Port Colborne last week. The sleeve is meant to show youths they can express themselves without getting permanently marked

#### MARYANNE FIRTH InPort News Staff

PORT COLBORNE - Just

think before you ink. Before youth run off to get a spur of the moment splasb of colour on their skin. Dr. Craig Kuhn wante them to think about just what it is they're doing

A tattoo is permanent. Lasting, Forever.

When done properly, it can be a beautiful way to express oneself. But when the proper steps aren't taken before that permanent mark is made. it can turn into a symbol of regret or even the source of an illness

Kuhn and his team with the Think Before You Ink program spoke with Grade 7 and 8 students at St. Patrick Catholic Elementary School in Port Colborne last week, hoping to make the facts stick before the They've been visiting schools

throughout the Niagara area over the past two years in hopes of educating youth on the history of the art form and precautions that should be taken if they plan on getting a The program began in high

schools, but many students had already been tattooed when hearing the presentation. Kuhn said By meeting Grade 7 and 8 students, he hopes to raise issues about tattoos before

they get inked

Many shops require a par-

ent's consent for youth under ited, loved ones who've died 18 wanting a tattoo - although and of beliefs. there is no age law in Ontario preventing anyone from get-

ting one Think Before You Ink engages youth through a mixture of testimonials from people telling their tattoo tales, live music and educational information on the topic.

Tattoos tell stories, Kuhn told the crowd. They tell of choices gone wild, places vis-

Some tell stories that are too painful to talk about, while

others are simply an expression "of inner feelings escaping into the light," he said. Regardless of the story it will tell, a lot of thought should go into a tattoo before the needle's

People need to think of the pain involved, the risk of getting a disease, their changing tastes and preferences, and how the tattoo may affect others in their lives, Kuhn said. Careful consideration must be put into the tattoo's place-

ment as well as its size colour and design. The tattoo design should be carried in the person's pocket for six months to see if he/she feels the same way about it

after seeing it every day, Kuhn

It's not only the art that needs to be contemplated, but the studio and artist that's doing the work. If equipment isn't properly sterilized it can cause the transfer of HIV, Hepatitis B or Hepatitis C. Kuhn encouraged people to call Niagara Region public

health to determine when their chosen shop was last investigated and if there were any

The presentation was closed with some information on laser tattoo removal - a painful and expensive process that can take years to complete.

mfirth@wellandtrihune.ca







■ TIMBER LINE RIDERS: Club takes to the trails

## **Rolling the dice**

PORT COLBORNE - It was a great day for riding as members of Niagara Timber Line Riders took to the trails last Saturday.

"It's our fall family Dice Run," said Chris Waterhouse, event organizer, from the east side of the Welland Canal in

Port Colborne. Waterhouse said motorcycle riders started out on the East Side Canal Trail in the morning and wrapped up the day with fast lap runs in the junior and adult divisions. The trails, which start out at Ramey's Bend in Port Colborne, run along the east side of the canal down to Allanburg.

"We work with all three

St. Lawrence Seaway." Waterhouse said Niagara Timber Line Riders promote safe, legal, off-road riding on

According to the organization's website. "There is a trail for motorized vehicles (off-road motorcycles and snowmobiles that have insurance and are licensed, green or white plates) and the other for non-motorized activities

(equestrians must carry proof of liability insurance). For safety reasons, all-terrain vehicles (ATV's) and 4x4 trucks are not permitted on the trail. Any trespassers using these vehicles will be ticketed by Niagara Regional Police."

In total, there are about 20 kilometres of trails running between Port Colborne and Allanburg.

Results from the day: Junior Fast Lap results. (3.2km

1st - Kyle Landon (lap time = 5 min 58secs) 2nd - ames Janzen (lap time 6

min 44secs)

3rd - Collin Landon (7mins) and Cam Thompson (7mins) 4th - Wade Foster (9min14secs)

5th - Anita Landon (9min15secs) Adult Fast Lap results (4.2km

1st - Jim Jervis (7min50secs) 2nd - Rob VanGeel (8min-

3rd - Phil Kloestra (8min-

4th - Dennis Lockey (9min





Niagara Timber Line Riders held a Dice Run on the East Side Canal Trail last Saturday in Port

Colborne. Rider Anita Landon takes the first corner during a fast lap on a 3.2-km course. Landon took fifth place in the junior division with a time of nine minutes and 15 seconds. At left, rider Cam Thompson takes the first corner during a fast lap on a 3.2-km course. Thompson tied for third place in the junior division with a time of seven minutes

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This year, National Business Women's Week is being observed from October 17th through to the 23rd, it's a perfect time to consider how active women have become in Canada's workplace and to recognize the challenges they continue to face

tics show there has been a 50% increase in the number of self-employed women in Canada over the past 15 years. In fact, the number of women-owner businesses is growing at a rate that is 60% stated than those owned by men or successor on the place, to get an order of women-owner businesses is growing at a rate that is 60% stated than those owned by men and gain a more rounded inowledge of their Choses word environments better setting or of the form. The exempts got of women with owners business 64 ft. let, although men may opportens ourfain challenges and difficulties with the work from, these series declarates are even more complicated for women who may be the businesses of the family the content of the businesses of the family the content of the businesses of the form the document of the owner who may be the businesses of the family the Somes grid of businesses of the form the document of the family the Somes grid of businesses of the form the document of the family the Somes grid of businesses of the form the document of the some businesses of the solutions of the family the Somes grid of businesses of the form to document of the solutions of the family the Somes grid of businesses of the family the some grid of businesses of the family the Somes grid of businesses and the family the Somes grid of businesses and the solutions of the family the Somes grid of businesses and the solutions of the family the Somes grid of businesses and the solutions of the s

perseverance and good organizing skills. Cultural obstacles also include gender inequality and income: A woman earns, on average, \$0.80 for every dollar eamed by a man, which means she has to work more to earn as much as her male counterpart – even in the self employment sector. The counterpart is made to the counter part of the counter part of the counter part of the present economic gains are still timited and familial belongs continue to and pressure. This important week is an ideal time to bring these issues to the forefront, promote women in business and recognize the due that is owed to them

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> people of this great city for giving me the apportunity to do what I am passianate about for the past 22 years. My valunteer wark and serving my clients has truly been



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- . Tours of the Centre Client registration
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- Learn about our programs and services . Enjoy some refreshments & healthy snacks
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BROCCOLI



DeWitt Carter Elementary

Gorham watches over Alvssa

School teacher Wendy

Chesham as she stocks

a snack box for her class.

The school received \$675

from Farm Credit Canada to

help fund a snack program

that provides students with

snacks for the week. Steele

Elementary Schools also received \$675 from Farm

Credit Canada

Street, McKay and Oakwood



## **Feeding** a need

KAESHA FORAND InPort News Staff

PORT COLBORNE -Classrooms at four Port Colhorne schools have snack boxes stuffed with food to help fill grumbling tummies.

Students at DeWitt Carter. McKay, Oakwood and Steele Street elementary schools have access to snacks on a daily basis through food programs at their schools, and now to start off the school year on the right track they're sharing a \$2,700 grant from Farm Credit Canada to kickstart their snack programs. Iulie Denscham, execu-

tive director of the Education Foundation of Niagara. a charity that serves the District School Board of Niagara, was at DeWitt Carter recently to show Theresa Storm and Brenda Jackson of Farm Credit Canada how the funds are used and how much the program is needed in schools.

Denscham said snack rograms can cost between

\$5.000 and \$10,000 a year.

"All kids are great kids. They just need a helping hand. She said snack programs principals must raise extra

Programs such as the one at

DeWitt Carter serve about 130 snacks per week.

the Ministry of Education

doesn't fund breakfast or

priority level schools and

this is a 1 or 2, with 16% to

25% and up living under the poverty line," she said, noting

families may be on social

assistance or are working

Based on census, we have

snack programs.

"The money will pay for a lot," Denscham said, noting

are positive, but to ensure they continue, teachers and funds to support them. The \$675 each Port Colborne school receives is a huge drop in the bucket, Denscham said.

Teacher Wendy Gorham said "the program works really well in this building."

At the beginning of each week, a designated student from each class visits Gorham to collect their bags of cereal, carmt and natmeal muffins and apples or clementines, which are purchased based on sales and what's in season.

Our students look forward to it they like the muffins' which are prepared by students at Port Colborne High

Storm and Jackson said Farm Credit Canada, the leading provider of business and financial services to farms and agribusiness. has a community investment program that doles out funds every year to help those in

"We try to locate businesses or institutions in need and even through word of mouth, people say who needs help," Storm said. DeWitt Carter also receives funding from additional sources, including the student nutrition program. The school also offers

a breakfast program where hot meals are served before classes

What is the importance of healthy eating for denture wearers?

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The relation between significant tooth loss and the ability to chew fresh fruits, vegetables and meats, has a great impact on the nutritional value of one's diet. Toothless or partially edentulous individuals are at a higher risk of malnutrition. Edentulous individuals with poor nutrition intake may be at higher risk for a variety of diseases. For example those who consume little vitamin A are at a higher risk for various forms of cancer, heart disease and rheumatoid arthritis. Similarly the dietary deficiencies of vitamin E are associated with various cancers, heart and Parkinson's Disease and low vitamin C and thiamine levels lead to a reduced immune system function, cardiovascular disease, hypertension and nausea, constination as well as appetite and weight loss. Another ill effect of a low nutrient diet is a loss of muscle mass and strength caused by inadequate intake of protein, which could further increase frailty. An increased intake of fat and cholesterol observed in toothless patients have been associated with obesity, diabetes millitus, as well as arteriosclerosis.

What can I do to prevent any of this happening to me?

Considering the vast implications of a low nutrient diet, it is worth acknowledging that nutritional balance and good health can be significantly improved and restored with the use of a well made denture, and a vitamin supplement regime planned by your doctor. A well made denture, will allow you to introduce back into your diet all the nutritionally laded foods such as fresh fruits and vegetables, proteins and nuts that were avoided when chewing with an ill-fitting, poorly designed denture. Individuals with implant supported dentures, greatly improve their food choices by including more hard to chew foods that are rich in nutrients, therefore greatly improving their health status.

To switch to a more balanced diet may be as easy as having well fitted dentures, that allow for improved chewing and grinding function. The ability to better chew fruits, vegetables, meats and nuts will increase your nutrient intake and may decrease your risk of various disease. For more information see your Denturist.

Call For FREE Consultation £788-9676

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### ALONG THE LAKESHORE

#### SATURDAY, OCT. 23

Harvest Bazaar from 1 p.m. to 4 p.m. at Sherkston United Church Ridgeway. Community Centre, corner of Sherkston and Empire Rds. Door prizes, crafts hake There will be a bake table. table, silent auction and treasure trove, country corner. silent auction, nearly new table, and tea room; plus a needed nearly new rummage sale where great deals are to be TUESDAY, OCT. 26 found at \$5 a bag! Sponsored

by WMF Grace Church. St. Joseph's Catholic Women's League is holding their semi-annual rummage sale from 9 a.m. to noon at St. Joseph's Hall on the corner on Netherby and Sodom Rds (Stevensville). Come and fill a green garbage bag for \$8 and you'll never know what you can find at our white elephant

table.

Institute Harvest Tea from noon to 2 p.m. (doors open at 11:30) at People's Memorial Tickets are \$7 per person. refreshments. Contact 905-894-1189 to reserve tickets if

Knitting Classes at the Wainfleet Township Public Library from 3:30 to 5:30 p.m. Beginners can learn how to knit or experienced knitters can learn new skills Rhoda Wills will be offering 10 lessons (10 weeks) Tuesday afternoons from 3:30 to 5:30 p.m. starting Oct. 5. Cost is \$30. For adults and children ages 9 and up. Needles and yarn for beginners will be provided at the first lesson. Please call 905-899-1277

Create with Kathleen at the Wainfleet Township Public Library. Adult art classes with Kathleen Thorsen of Stone House Art Gallery. Drop-in Tuesdays from 1 to 3 p.m. Cost is \$10 per class. All materials supplied. For more information, contact Kathleen at 905-834-9784 or kathleen. thorsen@cogeco.ca.

THURSDAY, OCT, 28 Preschool Story Time for

Ages 2 - 5 at the Wainfleet Township Public Library. A six-week program of stories, songs, activities and crafts runs Thursdays from 10 to 10:45 a.m. No fee for the program but please call 905-899-1277 to pre-register Chilly @ your Library. SATURDAY, OCT. 30

Every Kid in Our Community Port Colborne-Wainfleet is hosting a free, family-friendly Halloween Festival from 2 p.m. to 4 n m at Jacob Barrick Park (near Apollo Dr. and Hillcrest Rd.). There will be lots of kidfriendly Hallowe'en games and activities, along with face painting, healthy snacks, draw prizes, and more.

ONGOING

Ten Thousand Villages, 7 Clarence St. Port Colborne, is looking for volunteers for the Christmas season and beyond. We need friendly service staff to help make a difference volunteering in our store. 2 or 4 short 3.5 hr shifts a month are required, Monday and Saturdays. Call Tracy or Jane 905-834-6292 or come in for further information





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#### ■readers'views

#### NHS can get greener

The Niagara Health System recently released its plan for a green makeover, a step in the right direction, something that will make a difference in the lives of future generations. It should also take this step further.

The going green announcement makes this statement: When completed, these retrofits will save 1.4 million cubic metres of natural gas, 1.6 million kilowatt-hours of electricity and 215 million litres of water annually. The estimated reduction in greenhouse gas emíssions is 3,190 tonnes, which has the same effect as taking 1,000

vehicles off the road." That one statement says so much, Closing the emergency rooms in Port Colborne and Fort Erie and stopning ambulances from taking patients to these two hospitals has forced thousands of people to drive considerable distances for health care and EMS vehicles to drive these same distances to transport patients to out of area hospitals and then sit there idling for hours to make these natients comfortable and safe. Patients then have to have someone drive to those hospitals to take them home again because beds have been closed.

function as the professionals they are, as would our community hospitals. Colhorne and Fort Erie has forced

more vehicles onto our roads. This unnecessary travel far surpasses the greenhouse savings the NHS is boasting about.

reopened our emergency rooms

and allowed ambulances to come

to these ERs. It would not only be a

great energy and resources savings

sten, but would ston the waste of

gasoline. It would cut down on

greenhouse gas emissions and

viagara EMS would be able to

The HIP and closures of Port

Joy Russell Ridgeway

#### I LONG-SERVING CITY EMPLOYEES RETIRING



MARYANNE FIRTH Staff Photo

Al Cruise, who has worked as Port Colborne's city gardener for the past 22 years, was honoured at the Oct. 12 council meeting for his efforts in beautifully landscaping the lakeside city. Cruise is retiring from his position and was presented with a photo of the canal and a plaque by Mayor Vance Badawey.

## If you are a Senior Motorist.

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1:00 - 3:00 PM

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Friends Over 55 Social Club seniorcitizens1@hellnet.ca

#### no registration required no registration required

NOVEMBER 17 @ 1:30 "Assistive Devices" at P.C. Baptist Church 84 Ridgewood Ave., P.C

#### NOVEMBER 24 @ 1:30 "Safety at Home"

at Portal Village, 302 Elgin St. Garden Terrace Building, P.C



plaque in recognition of his hard work over the years.

Longtime city employee Jack Roy is retiring. He was honoured for his service over the past 33 years during the Oct. 12 city council meeting. Roy has worked in several city departments, including parks, public works and community services. Mayor Vance Badawey presented him with a photo of the canal and a **■ TOURISM:** Community invited to get a glimpse into history

## **Doors Open** to Port's past

PORT COLBORNE -People got a behind-the-scenes look at several of the area's historic buildings during the Binational Doors Open Niagara tour last At the Port Colborne

Historical and Marine Museum, curator Stephanie Powell Baswick said the event brought a lot of visitors, helieve." including several from other parts of southern Ontario with a keen interest in the history of the area.

"I had some of the most interesting people come in. she said. "They're very educated

people. They're very genuinely interested." Other local landmarks

that were included in the Doors Open event included Old Humberstone Hall and Talwood Manor Red and Breakfast in Port Colborne, Welland Civic Square (visitor centre) and Christ Church Anglican in Wainfleet.

In Welland, people who pass by the courthouse every day and don't really know what's hidden within the historic building had a chance to see the tiny cells behind rusting metal bars, hidden from view most of the time.

The cells have sat empty since the early 1970s, and they haven't changed much

Long ago, those cells held prisoners sentenced to hang from the gallows that were set up in the courtyard.

"It's awesome," said Welland resident Jennifer Dolce, who toured the building last Sunday, along with his mother Pat Cormier.

Dolce didn't know about the prisoner cells in the courthouse, until she saw them first-hand Sunday.

Welland resident Kendra Biller, 14, knew about the cells. Her mother Debbie Riller who used to work at the courthouse, told her about them. But she'd never had an opportunity to actually see them — until she participated in the event.

"It's pretty cool," she said, while standing inside one of the prisoner cells.

Penny Morningstar, Welland Historical Museum curator, led dozens of visitors on tours of the building, she described as having "wow factor like you wouldn't

While Morningstar was busy at the courthouse. museum director Nors Raid was showing visitors around the old library building that is now home to the museum. Reid said visitors from as

far away as Edmonton toured the building, including a look at the items stored in the museum's archives.

"A lot of them are interested in learning more about how the museum works and our exhibits but some of them are interested in the architecture (of the old building) too, Reid said. She was impressed with

the knowledge of many of the



Port Colborne Historical and Marine Museum curator Stephanie Powell Baswick, left, in period dress, talks with visitors during Doors Open Niagara last







cence2

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## **Port High students recognized for high grades**

#### KATELYN LANDER For InPort News

PORT COLBORNE -Port Colborne High School recently recognized students with an average of 80% or higher during its fourth annual bonor roll banquet.

Also recognized were students with an average of 90% or higher, and one student per grade with the highest marks. Approximately 120 students were on honor roll. which included the marks of the new Grade 9s

In total, about 300 people attended the banquet, which was the largest amount so far. They were all treated to dinner and dessert, prepared by Port High's own culinary class, a performance by their vocal group. Frequency, an awards ceremony, and an things like writing for Scope inspiring speech from a keynote speaker.

For the past few years, a Port High graduate is invited

to give the speech. In the past, there has been alumni like Mark Wilson. Paul Faris, and Mary Ann Faegan, who spoke to the students about going above and beyond school, how a school is a small community improves leadership skills, and giving back to the

community After all, Port High is a community school, and is

very well-supported. This year's key note speaker was Margaret Huber. She is a first generation immigrant who came to Port Colborne from Hungary in 1950.

Magazine for five years, and she was recently an ambassador to a student in Iraq. The honor roll banquet is

evidence of how, even though Port High offers a large variety of programs, their students succeed in all of them. They also celebrate more of their graduates' success after high school by inviting them back for the evening as well. And, as mentioned earlier, one student from each

grade receives an extra prize for top marks. These students that received the Principle Award this year were Madeline Taylor (Grade 9), Anusha Kamesh (Grade 10), Zoe Walters (Grade 11), and Patrick Guenette (Grade 12). Our community is very along with the rest of the honor role, and continues to support Port Colborne High School to give them even more opportunities to shine.

THINK HAPPY THOUGHTS AND FLY ... TO STRATFORD RACHEL ROY For InPort News

PORT COLBORNE -Students from Port Colborne High School went to Stratford for a performance of Peter Pan The Avon Theatre held the ever so charming play of Peter Pan in the afternoon for the students and teachers to enjoy. The high skills major pro

gram from the high school had

students attend the tour of the

costume warehouse. Students

various plays for many years in These high skill major students in drama were able to earn the credit for experience hours by interacting with the backstage props and costumes.

had a chance to see the sets.

props and costumes used in

Stratford

Teacher Amy Converset said, "I was fortunate enough to take a group of students on the Stratford warehouse tour. The students and I were fascinated by costumes, props, and sets that are housed in an amazing warehouse facility. The tour inspired many of our specialist high skills major students with the variety of careers that are available in the field of arts and

The teachers and students enjoyed the performance, especially the acting of the Canadian actor-comedian Sean Cullen who played Smee. The interactions with the crowd made the experience that much more thrilling for

the students

Teacher Sheila Edwards explained, "Through this excursion. Port High students had the excellent opportunity to experience world class theatre. As well as tour behind the scenes to get a well rounded understand of what goes into professional performances. In spring we look forward to attending the performance of the Lion King in Toronto." The students and teachers had the time to look throughout Stratford at the different cultures they presented. They

had a full day out and left

Stratford exhausted but elated

with the experience of theatre.



228 Fast Main Street • Welland



#### IN MEMORIAM



Per Collorem High School principal Nigel Euras stands with floot Johnston, of Allied Marine and Industrial, Daviel Divessib and Kirk Dressol. Denses Steel, in front of a sign dedicated to former teacher Chris Calms and the field that is now named after him. In 2007, Caims, a teacher and football coach at Port Colborne High School, announced that he was battling cancer, He book a leave of absence that year to undergo treatments. But a assean liter calms was back at a shool and not the sidelines to coach his beam. He led the Blue Bears all the way to the Championship game where they lost to West Park of St. Coltahriens. He diet wo morths ago and the school rander the shielder field hard him.



#### NOTICE

THE CORPORATION OF THE CITY OF PORT COLBORNE
THE PROPOSED STOPPING UP AND CLOSING OF THE
HUMBERSTONE CRESCENT ROAD ALLOWANCE

NOTICE is hereby given pursuant to Section 34(1) of the Municipal Act, 2001, S.O., c.25, as amended, that the Council of the City of Port Colborne proposes to pass a By-law to Stop Up, and Close a municipal road allowance known as Humberstone Crescent.

Humberstone Crescent is located north of Stonebridge Drive in the Loyalist Industrial Park, on Part of Lots 29 and 30, Concession 3, former Township of Humberstone, now City of Port Colborne, Regional Municipality of Niagara and being Parts 1 and 2 on Plan 59R-14281.

A plan showing the lands affected, may be viewed in the Department of Planning & Development, 22<sup>st</sup> Eloor of (19 Hall, 66 Charlotte Street, Port Colbome, Ontatio, Questions regarding the proposed closure can be referred to Dan Aquilina, Director of Planning & Development at 905-835-2900, ext. 203, or by email to danaquilina@portoclobme.

On Monday, November 8, 2010 at 6:30 P.M. in the Council Chambers, City Hall, 66 Charlotte Streat, the Council of the Cropration of the City of Pot Colborne will hear in person or by counsels, solicitor or agent, or by written comment, any person who claims his/her land will be prejudicially affected by the said by-law and who applies to be heard.

Any person who wishes to provide written comment or be heard, should make application to: Ashley Grigg, City Clerk, 66 Charlotte Street, Port Colborne, ON L3K 3C8 or at 905-835-2900, ext. 108, or by email to calerk.grigg@portcolborne.ca.

Dated at Port Colborne this 27th day of September, 2010.

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HALLOWEEN FUN

PORT COLBORNE - Every Kid in Our Community Port Colborne-Wainfleet is hosting a free, family-friendly Halloween Festival from 2 p.m. to 4 p.m. at Jacob Barrick Park (near Apollo Dr. and Hillcrest Rd.) There will be lots of kidfriendly Hallowe'en games and activities, along with face painting, healthy snacks, draw nrizes and more

AUDITORS CHOSEN WAINFLEET - During a report on the selection of auditors for a Niagara-wide committee last week, Ald. Ted Hessels guestioned why the township would pick members for the next township council. Chief administrative officer

Scott Luey said Niagara Compliance Audit Committee members are chosen before new municipal councils come into power in December

Members, he said, will serve from Dec. 1 of this year until Nov. 30, 2014, the term of council. And they must be chosen before the current council finishes its term. "This is common." Luev told

The committee looks at possible contraventions of election campaign finance rules, whether a candidate wins or loses the election

Luey said no Wainfleeter has applied to be on the committee. Those chosen were selected by clerks from across the region.

WAINFLEET - The township is on budget, city treasurer

Robyn Madere told council last There are some areas of

concern, things we can't control like hydro expenses," Madere said. She said the township was

saving in others areas and that should compensate for the hydro increase

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"We'll meet budget," she said. Ald, Evan Main asked if there were any thoughts into looking at ways of saving on hydro to prevent paying more Madere said much of

the hydro usage is from computers and heating and air conditioning systems that are used at neak hours Operations director Greg

Wuisman said there is an incentive program of \$1,000 for upgrading hydro meters that he is investigating.

EXEMPTION SOUGHT WAINFLEET - The new owner of CRL Campbell Construction and Drainage asked for an exemption to

the site-control plan on his property last week. Township planner Grant Munday said the owner wants to build a home on the property, which has a few buildings for the construction

company, and change the layout of the site for possible future expansion Munday said the drainage

bylaw would prevent any impact on neighbours due to lot grading and draining and staff didn't have any issues concerning the proposal. MORE BUSES BOUND

FOR PORT PORT COLBORNE - City

council is pleased to see more buses rolling toward the lakeside city. Correspondence on the Niagara Region's intermunicipal transit pilot project was discussed and received by councillors at their last

meeting. Through the program expected to take effect in fall 2011, three additional buses will be headed into Port Colborne during the week, with six additional bus runs on

Through the project, feeder lines in Port Colborne and Fort Erie will connect to transit in Welland, Niagara Falls and St. Catharines.





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#### III AMBASSADOR SAFFTY AWARD



MARYANNE FIRTH Staff Photo

Lori Kleinsmith was presented with the Ambassador for Safety Volunteer Award 2010 for Safe Communities during the Oct. 12 Port Colborne city council meeting. Kleinsmith, who now works as a health promoter for Bridges Community Health Centre, was recognized for her efforts toward keeping the city safe and healthy as co-chair of Safe Communities Port Colborne. Pictured from left are Taralea McLean, Bridges executive director, physician recruiter Joanne Ferraccioli, Kleinsmith and Mayor Vance Badawey.

■ OPEN HOUSE: Public invited to attend next week

## Come see what **Bridges is all about**

InPort News Staff

PORT COLBORNE - Bridges Community Health Centre will hold an open house at its Port Colborne-Wainfleet site on Tuesday, Oct. 26, for the community to see what services it offere

Some of the programs are available to both registered clients and to residents of Port Colborne and Wainfleet with a doctor's referral including our mental health services and our diabetes education program. Mental health services include assessments, counseling and treatment for mental health illnesses and referrals to consulting psychiatrists and agencies as needed, said a release from Bridges.

A diabetes education program is for individuals living with, or at risk of developing, diabetes, "Our diabetes educators -

registered nurses and dietitians work with clients to assess their condition and through diet, medication and exercise help them to develop the skills they need to self-manage or prevent diabetes. And there's more ... referral to Feet First, a foot care program for diabetics is also being offered onsite on a bi-weekly basis," said the

"We offer several free community health promotion programs including a quit smoking program and on-going support group, healthy eating programs, and a chronic disease self care management program and work with many partners through Safe Communities Port Colborne and Every Kid in Our Community Port Colhorne-Wainfleet"

Bridges, funded by the Hamilton Niagara Haldimand Brant Local Health Integration Network, is currently accept-

ing primary health care clients. Registered clients can access a family physician, nurse practitioner or registered nurse by appointment

Doctors and nurse practitioners offer pre and post-natal care, care for the majority of illnesses or referrals to specialists

"We also have a social worker and a dietitian on staff offering counseling services to registered

clients," said the release. "Our team of health care professionals will be available to offer more information and answer questions. You can take a tour of the centre, enjoy some healthy snacks and refreshments and have a chance at winning

The open house runs at Bridges location in Portal Village Mall, 508 Steele St., Port Colhorne, from 3:30 p.m. to 6:30





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#### APPLE DAY



MARYANNE FIRTH Staff Photo

Members of the Port Colborne Beavers scouting group paid a visit to council chambers Tuesday night to promote their upcoming Apple Day. The Beaver Scouts will be handing out apples in exchange for donations Friday and Saturday in front of local businesses. The fundraising initiative assists scouts with financial difficulties in earning their badges.

#### COUNTRY WALK FOR BREAST CANCER



ALLAN BENNER Staff Photo Alana Chevalier left 12 and her grandmother Sharon Chevalier were among hundreds of people who pitched in to raised \$18,126 during the Country Walk for Breast Cancer, Hundreds of people spent more than an hour walking the rural roads of east Port Colborne and collected \$18.126 in donations for the Port Colborne hospital's breast screening clinic.



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# BARBARA HENDERSON

**MAYOR** 

Township of Wainfleet

# BARB'S ACCOUNTABLE ACTION PLAN FOR WAINFLEET WATER

- No Cost = No Decision
  We need ALL the facts before any decision is made. I am not Pro-Pipe, I am Pro-Solution
- Find the right solution for benefiting taxpayers
- Take Wainfleet's fight to the Region, Province and the Federal Government to demand our fair share
- Quarterly Town Hall meetings for residents to provide important input on this issue
- Make reports concerning our water public and available to all residents



On October 25th, 2010
Vote for experience and an ability to dedicate full-time energy
Re-Elect Henderson For Mayor
For last minute lawn signs or a ride to the polls, call 905-386-6543